

Abstract of the Disclosure

A height adjustable apparatus for supporting a golf tee includes an outer sleeve configured for ground penetration defining an open top into which an inner sleeve is slidably received. The inner sleeve defines an open top for receiving a golf tee therein. The inner and 5 outer sleeves include complementary fasteners such that the inner sleeve may be maintained at a selectable longitudinal configuration relative to the outer sleeve and slidably moved between retracted and extended configurations, whereby to adjust the height of the golf tee. A spring is positioned in the outer sleeve for urging the inner sleeve in an upward direction although the fasteners resist such movement. A cam assembly releases the inner sleeve to be 10 reset to the extended configuration once it has been fully retracted.